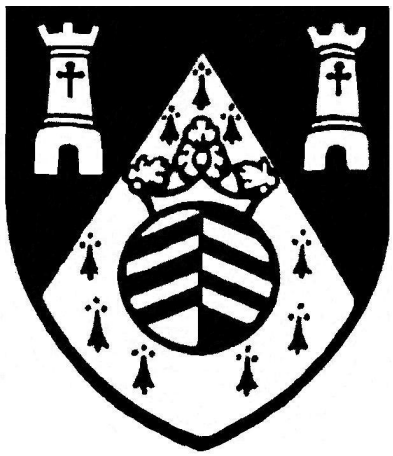

The Cardiff Bay Sprint Meet

(Long Course)

28th MEET

Licence Number – 3WL160967

Saturday 16th July 2016

Cardiff International Pool
Olympian Drive
Grangetown
CF11 0JS

CARDIFF BAY SPRINT MEET – 2016

16th July 2016

Cardiff International Sports Village,
Olympian Drive,
Grangetown, Cardiff, CF11 0JS

Licence Number

(To be swum under FINA Technical Rules & Swim Wales Laws)

NO LATE ENTRIES WILL BE ACCEPTED - CLOSING DATE Midnight on Monday 17th JUNE 2016

AGE ON THE DAY OF THE MEET

MEET CONDITIONS

AGE GROUPS Boys 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13yrs, 14 yrs, 15 yrs, 16 and Over
Girls 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 and Over

EVENTS The Meet will be in two separate sections –

1) Swimmers qualifying with the B Grade Upper Cut Off times shown below and
2) Swimmers qualifying with the AA Grade Upper Cut Off times shown below
3) **All events will be Heat Declared Winners**
4) Events 50 m Long Course
   Breaststroke,
   Backstroke,
   Butterfly,
   Freestyle,
   200 m Individual Medley for the top 10 swimmers in each Age Group on a points total from all four 50 m events (excluding the Kick Race)
5) **Competitors in the 200m I.M. Must notify the Meet Office if they do not wish to swim.**
6) 50m Kick Race (Swimmers are to ensure that at the end of their race they touch with one hand) A 50m Freestyle time, where given, will be used to seed this event.

ENTRIES

1) **Upper Cut off Times will be applied to all events except the Kick race**
2) **Entry times outside these limits will be rejected and those with 'No Time' submitted may be rejected.**
3) **Entries** should be made on the appropriate entry forms or preferably electronically by submission of a Hy-Tek Team Manager or TM Lite entry file.
4) Please contact Mrs Sheilah Roberts 4 Wallis Close, Osbaston, MONMOUTH, NP25 3NS, or (sheilah_roberts@4wallis-close.freeserve.co.uk or smr4wc@lineone.net) for a copy of the Hy-Tek events file and instructions for use.
5) Entry Fee - **£5.00 per 50m individual stroke event.**
   If all four strokes and the kick race are entered the fee will be £20.00.
   If less than 4 strokes are entered the Kick race fee will be £3.00.
6) Electronic entries must ensure that the payment for the events arrives with the Promoter before the advertised closing date.
7) **Entries will be accepted on a first come first served basis but the Promoter reserves the right to restrict entries if over subscribed.**
8) Any entries not accepted will be returned with full entry fee for that event.
9) **Short course times will be accepted and converted by Hy-Tek to long course times.**
10) Please make sure that it is clear on your entry form whether the swimmer is male or female; eg. Alex could be a boy or short for Alexandra. Failure to do so may render the competitor rejected if wrong gender 'assumed'.

11) Qualification for the 200m I.M. Each swimmer's points will be totalled up for **all four 50m** events **(excluding the kick race)** using Heat Declared Times regardless of the Graded Time Entries. Using this system, places will be allocated for the IM Finals races in each age group, giving 10 swimmers with the aggregate highest point totals as above for the four 50m Sprint Events (not Kick Race) to be selected for the IMs. There will be a cash prize for the winner of each IM race.

12) Swimmers must have achieved the standard of the Competitive Start Award, in order that they start the events by a dive either from the side of the pool or the Starting Blocks, otherwise they must start in the water. It is the responsibility of the coach to ensure the swimmer has reached the standard of the Competitive Start Award

TIMINGS **The Provisional timings are as follows:**
The sessions will start as follows (Doors Open 8.00am)
8.30am Warm Up for 9.30am start (TBC after receipt of entries)
1.00pm Warm Up for 2.00pm start (TBC after receipt of entries)
4.30pm Warm Up for 5.00 pm start (TBC after receipt of entries)

MARSHALLING Marshalling will commence at the finishing end of the pool near the showers just inside the entrance from the changing rooms. Competitors will be called to the Marshalling Area at least one event in advance.

DISPLAY Electronic Display will give the time of all swimmers at the end of each heat.

AWARDS. **Competitors will only receive an award if they have not swum faster than the respective UPPER CUT OFF TIME, although they will still qualify for the Individual Medley Event.**

Medals will be presented to the first three swimmers who have not swum faster than the respective UPPER CUT OFF TIME in the HDW events for the four strokes, Breaststroke, Backstroke, Butterfly, Freestyle and the Kick Race. The medals will be presented in each of the age groups as referred to above and the points will be calculated as follows, 1st place 10 points, second place 9 points etc.

Medals will also be awarded to the first three swimmers who enter an event with a time slower than the B grade UPPER CUT OFF TIME and swim within the B grade UCT for that event.

The Top 9 year old swimmer will be awarded the **'Rowland Jones Trophy'** at the end of the Meet and the winner will be able to keep a commemorative trophy. Events qualifying for the Trophy will be by the completion of **all four 50m Sprint Events (not 'Kick Race')** on a points basis (10pts – 1st place etc).

The **'Brian Hardwicke Cup'** will be awarded to the top 12 year old at the end of the Meet using the Heat Declared winners regardless of graded time entries and the winner will be able to keep a commemorative cup. Qualifying events for the Cup will be as described for the **Rowland Jones Trophy** above.

CASH AWARDS Prize money of £10 will be awarded to the 1st place for the 200m Individual Medley event for each of the 8 age groups 9, 10, 11, 12, 13, 14, 15 and 16/o.

PRESENTATIONS These will take place on the far side of the pool, opposite the spectator seating area. Following the announcement of the results of each event, finalists are asked to report to the presentation area to receive their awards. These presentations will take place periodically during events.

COACHES Coaches can collect Start Sheets and results from the Meet Office on spectator seating area. Please show coaches pass when collecting results. Coaches/chaperone passes are £10 each, which provides access to all sessions, no reductions for less sessions attended. Coaches Passes are to be restricted to one per fifteen Club participants, with a maximum of 3 per Club. The Passes will not entitle coaches to lunchtime meals, reserved only for Meet Officials. **Entry to poolside will NOT be permissible without displayed coaches' passes, regardless of**

circumstances. No chaperones or helpers will be allowed poolside without a pass.
Coaches and team managers must keep swimmers out of the leisure pool during the meet.

REFRESHMENTS The Sport Centre cafeteria will provide a comprehensive service of snacks and meals throughout the Meet. Vending machines are also available

HEALTH and SAFETY

1. All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
2. *Unacceptable Behaviour*

Behaviour becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:
Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

3. *Competitive Start Award*

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).
Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

4. *Jewellery*

"For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).
Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged."

5. *Video and Photography.*

When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors/officials/volunteers/spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device/equipment used for taking/recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to :

Still cameras	Cine Cameras	Video cameras
Camera/video enabled mobile phones		Camera enabled PDA's

Passes can be obtained (free of charge) from the entry desk upon proof of identity. You will be issued with a tag for your photographic equipment and this must remain attached within the building. Equipment being used without a pass will be removed. Proof of identity is required to register any photographic/video equipment.

The Lead Referee's decisions will be final on all matters referred to them.
Neither the Promoter nor The Cardiff Pool accept any liability for any loss or damage to personal belongings.

We wish you all an enjoyable and successful Meet.

All enquiries to: **Sheilah Roberts, 4 Wallis Close, Osbaston Park, MONMOUTH, NP25 3NS**
Phone: 01600713505 e-mail smr4wc@lineone.net
or Heulwen Cooper, 3 Porth y Castell, Barry, Vale of Glamorgan, CF62 6QA
Phone: 01446 733784 e-mail heulwen@ntlworld.com

The Cardiff Bay Sprint Meet 2016

16th July 2016
(Cardiff International Pool)

Meet Programme

Session One Saturday		
(Warm-up 8.30am - Start 9.30am)		
Event		**Stroke**
1	Girls	50m Breaststroke
2	Boys	50m Breaststroke
3	Girls	50m Backstroke
4	Boys	50m Backstroke
5	Girls	50m Butterfly

Session Two Saturday		
(Warm-up 1.00pm - Start 2.00pm TBC)		
Event		**Stroke**
6	Boys	50m Butterfly
7	Girls	50m Frontcrawl
8	Boys	50m Frontcrawl
9	Girls	50m Kick
10	Boys	50m Kick

Session Three Saturday					
(Warm-up 4.30pm - Start 5.00pm TBC)					
Event		**Stroke**	**Event**		**Stroke**
111	Girls 9yrs	200 I.M.	119	Girls 13yrs	200 I.M.
112	Boys 9yrs	200 I.M.	120	Boys 13yrs	200 I.M.
113	Girls 10yrs	200 I.M.	121	Girls 14yrs	200 I.M.
114	Boys 10yrs	200 I.M.	122	Boys 14yrs	200 I.M.
115	Girls 11yrs	200 I.M.	123	Girls 15yrs	200 I.M.
116	Boys 11yrs	200 I.M.	124	Boys 15yrs	200 I.M.
117	Girls 12yrs	200 I.M.	125	Girls 16yrs/o	200 I.M.

UPPER LIMIT CUT OFF TIMES
50m Long Course

BOYS									
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	
ULCT AA	39.50	35.80	33.90	32.00	30.40	29.10	27.90	27.10	50m Freestyle
ULCT B	50.20	46.60	44.00	40.80	37.90	35.30	33.00	31.50	50m Freestyle
ULCT AA	52.80	47.50	44.20	41.00	38.60	36.90	35.40	34.70	50m Breaststroke
ULCT B	1.06.40	1.01.30	57.10	52.20	48.20	44.80	41.90	40.40	50m Breaststroke
ULCT AA	45.30	40.00	37.40	35.10	33.20	31.70	30.20	29.60	50m Butterfly
ULCT B	57.00	51.70	48.40	44.60	41.30	38.40	35.80	34.40	50m Butterfly
ULCT AA	46.50	42.20	39.60	37.30	35.30	33.60	32.40	31.60	50m Backstroke
ULCT B	59.00	54.70	51.40	47.40	44.00	40.70	38.30	35.80	50m Backstroke

GIRLS									
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	
ULCT AA	39.60	36.60	34.20	32.70	31.70	30.80	30.30	30.10	50m Freestyle
ULCT B	49.30	46.60	43.40	40.50	38.30	36.60	35.50	34.90	50m Freestyle
ULCT AA	52.90	47.10	44.00	41.60	40.10	38.80	38.10	37.90	50m Breaststroke
ULCT B	1.05.20	59.80	55.60	51.50	48.50	46.10	44.70	44.00	50m Breaststroke
ULCT AA	44.80	40.50	37.50	35.80	34.20	33.40	32.70	32.30	50m Butterfly
ULCT B	55.20	51.30	47.40	44.10	41.30	39.60	38.30	37.50	50m Butterfly
ULCT AA	46.60	42.30	39.60	37.80	36.70	35.60	34.80	34.50	50m Backstroke
ULCT B	57.90	53.90	50.20	46.80	44.30	42.30	40.80	40.10	50m Backstroke

Short Course times will be converted by Hy-tek to conform to the above Long Course Times